# SENIOR CLASSES 60+

Register online at www.el-cerrito.org/onlinereg or in person at the Community Center during office hours.

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>DAY &amp; TIME</th>
<th>FEES (per month)</th>
<th>INSTRUCTOR</th>
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</thead>
<tbody>
<tr>
<td>Tai Chi Chih (#255501)</td>
<td>Monday 10am-11am</td>
<td>JULY $25 RES/$30 NRES</td>
<td>Volunteer</td>
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<td></td>
<td></td>
<td>AUGUST $20 RES/$24 NRES</td>
<td></td>
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<tr>
<td>Strength &amp; Balance (#255502)</td>
<td>Monday 11:30am-12:30pm</td>
<td>JULY $33 R/$42 NR</td>
<td>Mehran</td>
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<td></td>
<td></td>
<td>AUGUST $55 R/$70 NR</td>
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<tr>
<td>Senior Fitness (Floor) (#255504)</td>
<td>Tuesday &amp; Thursday 11:30-12:15pm</td>
<td>JULY T: $21 R/ $27 NR, TH: $28 R / $36 NR</td>
<td>Judy</td>
</tr>
<tr>
<td></td>
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<td>AUGUST T: $35 R / $45 NR, TH: $35 R / $45 NR</td>
<td></td>
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<tr>
<td>Feldenkrais (#255503)</td>
<td>Tuesday 2-3pm</td>
<td>JULY Resumes July 11 $31 R/$39 NR</td>
<td>Marianne</td>
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<td></td>
<td></td>
<td>AUGUST $31 R/$39 NR</td>
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<tr>
<td>Beginner Line Dance (#144453)</td>
<td>Wednesday 12-1:45pm</td>
<td>JULY $20 R / $24 NR</td>
<td>Leonard</td>
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<tr>
<td>Senior Fitness (Chair) (#255505)</td>
<td>Thursday 10:30am-11:15am</td>
<td>JULY TH $28 R / $36 NR</td>
<td>Judy</td>
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<tr>
<td></td>
<td></td>
<td>AUGUST TH $35 R / $45 NR</td>
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<tr>
<td>Bridge Beginner Lessons (#255100)</td>
<td>Thursday 1:15pm-3:45pm</td>
<td>JULY $31 R/$36 NR</td>
<td>Kathryn Ann</td>
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<td>AUGUST $31 R/$36 NR</td>
<td></td>
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<tr>
<td>Bridge Experienced (#255100)</td>
<td>Thursday 1:15pm-3:45pm</td>
<td>JULY $21 R / $26 NR</td>
<td>Kathryn Ann</td>
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<td>AUGUST $21 R / $26 NR</td>
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<tr>
<td>Zumba GOLD (#244521)</td>
<td>Monday-Friday, 10:15-11:15am</td>
<td>Low impact aerobic dance exercise at a slower speed</td>
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<td>Single Class: $11 R / $14 NR</td>
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<td>5-Class Pack: $52 R / $64 NR (does not expire)</td>
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<td>10-Class Pack: $94 R / $116 NR (does not expire, 15% senior discount)</td>
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<td>Monthly Unlimited Pass: $125 R / $155 NR (15% senior discount)</td>
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SUMMER ADULT CLASSES 18+
Register at www.el-cerrito.org/onlinereg or at the Community Center during office hours (510)559-7000

BALLET (#244536)
Tu 3:45-5pm | Th 4:30-5:45pm - Garden Room (Community Center 7007 Moeser Lane)
Beginner and Intermediate adult ballet class. Ballet exercises increase strength, balance and feel-good endorphins. Beginner students should take class 1x per week on Wednesday. Students with ballet experience are encouraged to take classes 2x per week on T & Th.

HATHA YOGA (#244528)
Tu 11:45am-1pm | Wed 9:30-10:45am - Tu & Wed: Hana Gardens Senior Center (10870 San Pablo Ave)
Students learn basic understanding of proper alignment, relaxation techniques, and yoga breathing.

PICKLEBALL: LEARN TO PLAY (#244529)
Tu 11:45am-1pm | Wed 9:30-10:45am - Tu & Wed: Hana Gardens Senior Center (10870 San Pablo Ave)
Students learn basic understanding of proper alignment, relaxation techniques, and yoga breathing.

FITNESS SWIM & WATER AEROBICS
Monday-Sunday | El Cerrito Swim Center (7007 Moeser Ln)
The pool offers low-impact fitness such as water walking, water aerobics and swimming lanes. Click on the links to view the Fitness Swim and Water Aerobics/Aqua Zumba schedules and pricing.

POTTERY & CERAMICS
M 12-3pm | M 7-9:30pm | Wed 7-9:30pm | Th 7-9:30pm; Tassajara Pottery Studio (2575 Tassajara Ave)
Includes studio entrance, use of basic tools, glazes and firings. Clay is not included and must be purchased through class instructor.

WATERCOLOR & ACRYLIC PAINTING (#244568)
Friday 10:30am-2pm, Tassajara Pottery Studio (2575 Tassajara Ave)
Instructor will demonstrate painting techniques, materials, textures, color theory, and composition.

ART & WELLNESS WORKSHOP (#244561)
Saturday 10am-12:30pm, Castro Clubhouse (1420 Norvell St)
Explore your creative side in this new monthly workshop that combines intuitive art-marking with thoughtful writing, reflection and optional sharing.

THINGS TO REMEMBER
- OFFICE HOURS: Monday-Thursday 9am-5pm
- Registration may be done in-person at the office or online at www.el-cerrito.org/onlinereg
- If you are not feeling well, or begin to experience any COVID-19 symptoms, please stay home.
- Wearing a facemask is encouraged, but not required in any classes or programs.

SENIOR PRESENTATION SERIES
Located at El Cerrito Community Center, 7007 Moeser Lane
Advance registration recommended. Register by calling (510) 559-7000, stopping by the Community Center Office (M-Th, 9am-4pm) or online at www.el-cerrito.org/onlinereg.

<table>
<thead>
<tr>
<th>All are Welcome!</th>
<th>SENIOR PRESENTATION SERIES</th>
<th>FREE! No Cost to Attend!</th>
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<tbody>
<tr>
<td>Library Programs &amp; Resources for Seniors</td>
<td>Wednesday, July 26, 1-2pm</td>
<td>Activity # 255204-02</td>
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<tr>
<td>Tai Chi Chih Demo Class</td>
<td>Wednesday, August 30, 1-2pm</td>
<td>Activity # 255204-04</td>
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<tr>
<td>Strength &amp; Balance Demo Class</td>
<td>Wed., September 20, 1-2pm</td>
<td>Registration Available in August</td>
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SENIOR SUPPORT SERVICES (Ages 60+)

Respite Program
Tuesday
10am-3pm

Respite Program is run in partnership with the West Contra Costa Unified School District (WCCUSD) Older Adult Education & Beacon Home Care. Enrollment is monthly on-going and monthly fees are calculated by the number of days attended. **Pre-approval required. Interested in volunteering? Volunteer opportunities available, background clearance required for all volunteers. Email recreation@ci.el-cerrito.ca.us or call 510)559-7000 for more information.**

Cafe Costa (seniors 60+)

Join us for lunch at the El Cerrito Community Center on Tuesdays and Wednesdays. Pre-registration required. Doors open and check-in begins at 11:30am. Lunch is served at 12pm. Opportunities to socialize with friends is available after lunch until 1pm. **Free rides to/from lunch available for El Cerrito residents** (must be enrolled in Easy Ride). Suggested contribution is $3 per meal. Call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us for more information or to sign up.

Easy Ride Senior & Disabled Transportation
Mon-Thur
Seniors 65+

Use Easy Ride Senior & Disabled Transportation to run errands, get to medical or personal care appointments, attend classes, or visit friends anywhere within El Cerrito city limits and designated locations outside City limits. **Enrollment in program required. To schedule a ride or request an application, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us** for more information or to sign up.

Health Insurance Counseling & Advocacy Program (HICAP)

HICAP provides free, impartial, one-on-one counseling to help you with anything related to Medicare. Appointments at the El Cerrito Community Center on the first and third Monday off each month between 11am-2pm.
For an appointment call (925)655-1393.

Contra Costa Senior Peer Counseling

Are you 55 or older, facing challenges that are difficult to cope with alone? Senior Peer Counseling can help. Connect with fellow seniors who are trained to provide assistance and support with challenges such as depression, fear, loneliness, loss of a loved one, health changes, or isolation. Peer Counseling is available in English and Spanish. Services are FREE and CONFIDENTIAL. Contact Abraham Aviles-Scott, (925) 408-7080 or email abran.aviles-scott@cchealth.org to schedule an appointment.

Lions Center for the Visually Impaired Blind and Low Vision Support Group

LCVI Blind & Low Vision support group meets the 1st Tuesday of each month at the El Cerrito Community Center. Drop-ins welcome. For more information contact Vicki McDaniels at (925)432-3013.

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rEC TREKS: SENIOR DAY TRIPS (Ages 60+)

<table>
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<tr>
<th>DATES</th>
<th>DESTINATIONS</th>
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<tbody>
<tr>
<td>July 20</td>
<td>Animal Rescue Foundation (ARF), Walnut Creek ($45 R/$56 NR)</td>
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<tr>
<td>August 24</td>
<td>Filoli Gardens, Woodside ($65 R/$81 NR) <strong>Sold Out!—Waitlist Available</strong></td>
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<tr>
<td>Sept. 21</td>
<td>Amazon Fulfillment Center Tour, Tracy ($52 R/$65 NR) Registration available in August</td>
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</tbody>
</table>

Join us as we explore new locations and meet new people. Cost of trip includes transportation, trip leader and entrance fees. **Pre-registration required. Lunch on your own. Fees vary by trip. Pre-registration required.**

All rEC Treks leave from the Contra Costa Civic Theatre parking lot located at 951 Pomona Ave.

For more information call (510)559-7000 or email recreation@ci.el-cerrito.ca.us

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Now accepting applications for volunteers...

Interested in taking day trips? Comfortable leading a group? We are accepting applications for volunteer Tour Leaders for our rEC Trek Senior Day Trips. Interested? Email: recreation@ci.el-cerrito.ca.us
Age Well/ Drive Smart Seminar
Keys to driving safer and driving longer
Activity # 255204-03

This seminar is designed for older adults to help improve driver safety, maintain insurance rates and learn about new laws that have gone into effect. A certificate of completion that may be submitted to your insurance company for discount consideration will be awarded at the end of the seminar.

Topics covered include:
- Myths About Older Drivers
- A Confidential Self-Evaluation
- Nutrition and Strength
- “Tune-Up” Your Driving Skills

Thursday, August 24, 2023
9am-12pm
Hana Gardens Senior Center
10870 San Pablo Ave.

Cost: $10
SATURDAY, SEPTEMBER 9, 2023
6:30PM-8:30PM
EL CERRITO COMMUNITY CENTER
7007 MOESER LANE

Includes dance instruction and light refreshments. Western attire encouraged.

BIG SCREEN CLASSICS AT THE RIALTO

THURSDAYS at 1pm
September 14 - You Can’t Take It With You (1938)
October 12 - The Bride of Frankenstein (1935)
November 9 - What’s cooking (2000)
December 14 - White Christmas (1954)
$5 - includes transportation to and from the Rialto theater and admission.

Registration opens August 2023
Register at www.el-cerrito.org/online_reg or in-person at the El Cerrito Community Center (7007 Moeber Lane)

OTHER RESOURCES

Aging and Adult Informational Assistance - Landlines in Contra Costa County, call toll free (800) 510-2020. Cell phones or outside Contra Costa County, call (925) 229-8434

Alcoholics Anonymous - Contra Costa County 24/7 hotline: (925) 939-4155

Alzheimer's Association 24 hour a day/7 day a week hotline 1(800) 272-3900

Contra Costa Crisis Center 24-hour hotline: 1(800) 833-2900

Contra Costa County Aging & Adult Services 1(800) 510-2020
Stay safe in the heat

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat-related illnesses can escalate rapidly, and even lead to death. In 2021, the National Oceanic and Atmospheric Administration reported 201 people died and 67 were injured in the U.S. from weather-related excessive heat, according to Injury Facts.

We all need to take extra precautions in the heat, but the people most at risk include:

- People who work in the heat
- Infants and young children, especially if left in hot cars
- People 65 and older
- People who are ill, have chronic health conditions or are on certain medications
- People who are overweight

If you are going through a heat wave in your community, please check in on neighbors who are elderly, house-bound or otherwise may be reluctant to ask for help. You can offer to host them in the air-conditioned comfort of your living room on hot days, drive them to a local cooling center, or call relatives or city services to arrange for them to stay cool.

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. According to the Centers for Disease Control and Prevention:

- Air conditioning is the best way to cool off
- Drink fluids, even if you don’t feel thirsty, and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking a sports drink
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body’s ability to cool itself
- Pace yourself when you run or otherwise exert your body
- Eat light meals

If your job requires you to work outside in hot weather, you and your supervisors can take precautions to minimize the risk of heat-related illnesses. The National Institute for Occupational Safety and Health recommends:

- Working shorter shifts until workers have adjusted to the heat
- Staying hydrated and drinking before you get thirsty
- Watch out for co-workers exhibiting signs of heat exhaustion or heat stroke
- Take time to rest and cool down

It’s important to listen to your body. If you’re involved in physical activity in the heat, changes in how you feel may be an indicator of heat stress. Stop and take a break if you experience the following:

- Thirst
- Fatigue
- Sore or painful muscles or cramps
- Pulse higher than usual for the activity
- Dizziness and/or headache
- Low abdominal pain
- Nausea

Knowing the symptoms and proper response to heat-related illnesses can save a life. Get the free NSC First Aid Reference Guide app for your Apple or Android device to know the signs and symptoms as well as first aid steps for heat exhaustion, heat stroke and heat cramps.